

In the Specification:

Please replace paragraph beginning "Although the shape of the insert 214..." on page 15 with the following amended paragraph:

Although the shape of the insert 214 and cavity 210 may vary somewhat without departing from the scope of the present invention, preferably the insert and cavity are shaped so parts of the lateral regions of the heel section and the arch section of a foot are supported by the softer insert material to absorb shock and cushion the foot. In the embodiment shown in Figs. 8 and 9, the insert 214 has a width sufficient to support a region of the arch of the foot extending rearward from the 4th and 5th metatarsal heads M4, M5 and necks N4, N5. Further, the insert 214 preferably underlies the region of the forefoot section supporting the first, second, third, fourth and fifth metatarsal heads M1-M5, the associated phalanges PP1-PP5 and metatarsal phalangeal joints J1-J5, and the metatarsal neck N5 associated with the fifth metatarsal head M5 as shown in Fig. 8. The insert 214 and cavity 210 are also preferably shaped so the upper surface 208 of the outsole underlies at least part of the medial region of the arch section and the region of the forefoot section which supports either or both of the metatarsal necks N2, N3 associated with the second and third metatarsal heads M2, M3. Thus, the harder material of the outsole 196 provides firm support to the portions of the insole 194 corresponding to these regions of the foot.